LISTING OF THE CLAIMS

The following is a complete listing of the claims.

1.-39. (Canceled)

40. (Previously Presented) A green carbon foam comprising a density ranging from

about 0.1 g/cm³ to about 0.8 g/cm³ and a compressive strength below about 6000 psi

manufactured by the process comprising:

heating high volatile bituminous coal particles exhibiting a free swell index ranging from

about 3.5 to about 5.0 at a range in the range of about 1°C/minute to about 20°C/minute to a

temperature ranging from about 300°C to about 700°C in a pressure controlled reactor, under a

pressurized non-oxidizing atmosphere having a pressure from about that of free flowing gas to

about 500 psi; and

controllably cooling said green carbon foam at a cooling rate of less than about

10°C/minute to a temperature of about 100°C.

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